

GLORY EDWARD  
ORGANIC

mi  
HEALTHCARE  
GROUP.COM



# 7 DAY SMOOTHIE PLAN

FOR GUT HEALTH,  
DIGESTION,  
AND WEIGHT LOSS

# WELCOME

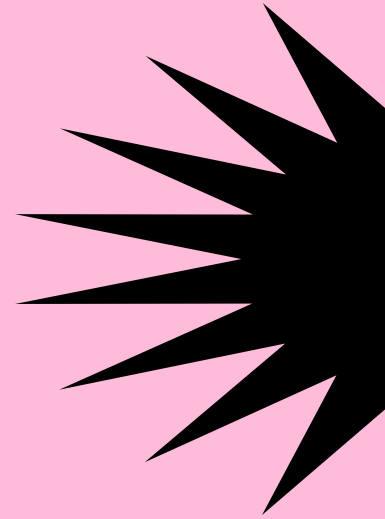
## TO THE 7 DAY SMOOTHIE PLAN!

Our recipes support gut health,  
aid digestion and promote  
weight loss. Get ready for a  
healthier and happier gut!

**by Erran Warden**



# WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION



## 01. FIBRE-RICH

Smoothies are powerful sources of fibre, which increase gut bacteria diversity and motility, leading to optimal digestive health and weight loss.



# WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION



## 02. NUTRIENT-DENSE

They're an easy and delicious way to consume a variety of essential micronutrients that can directly improve gut health and digestion, whilst reducing inflammation and oxidative stress.



# WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION



## 03. HYDRATION POWERHOUSE

Smoothies contain a lot of liquid, which is essential for hydration. When you're properly hydrated, it supports healthy digestion and bowel movements, reducing constipation and bloating.



# DAY 01

# PINEAPPLE DETOX

# SMOOTHIE



## Ingredients

Pineapple  
Cucumber  
Spinach  
Lemon  
Ginger  
Coconut water

## Instructions

Add ingredients to blender and blend until smooth. Add coconut water to get desired consistency. Enjoy!

# BENEFITS FOR GUT HEALTH

Pineapple and ginger have anti-inflammatory properties that can support healthy gut bacteria and reduce inflammation. Cucumber and spinach are high in fibre, keeping your gut happy and healthy!



# DAY 02

# BERRY GREEN SMOOTHIE



## INGREDIENTS

Blueberries

Raspberries

Kale

Banana

Almond milk

Chia Seeds

## INSTRUCTIONS

Blend together all ingredients until smooth and creamy.

Sip slowly and enjoy!

# BENEFITS FOR GUT HEALTH



Berries are high in antioxidants, essential for fighting inflammation and oxidative stress.



Kale is also rich in prebiotics, which promotes the



growth of healthy gut bacteria. Chia seeds add extra fiber for optimal digestive health!

## DAY 03

# MANGO LASSI SMOOTHIE



### Ingredients

Fresh mango

Greek yogurt

Turmeric

Cinnamon

Honey

### Instructions

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

# BENEFITS FOR GUT HEALTH

Greek yogurt and mango have high levels of probiotics and polyphenols that can enhance the growth of gut bacteria and reduce gut inflammation. Turmeric and cinnamon are rich in anti-inflammatory properties!



# DAY 04

## AVOCADO AND SPINACH SMOOTHIE



### INGREDIENTS

Spinach

Avocado

Green grapes

Apple

Coconut milk

### INSTRUCTIONS

Blend all ingredients until smooth. Pour into a glass and enjoy!

# BENEFITS FOR GUT HEALTH



The fiber from  
spinach and  
grapes promote  
and enhance  
healthy gut



bacteria. Avocado  
and coconut milk  
provide healthy  
fats that support  
gut barrier



function, reducing  
inflammation and  
improving

# DAY 05

# CHOCOLATE PEANUT BUTTER SMOOTHIE



## Ingredients

Banana

Unsweetened  
cocoa powder

Peanut butter

Almond milk

Vanilla extract

## Instructions

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

# BENEFITS FOR GUT HEALTH

Unsweetened cocoa powder is rich in antioxidants, which helps reduce inflammation. The banana and almond milk in this recipe create a smooth fiber-rich drink that promotes gut health and optimal bowel movements.



# DAY 06

# BLUEBERRY BEET SMOOTHIE



## INGREDIENTS

Blueberries

Cooked beets

Plain Greek yogurt

Honey

Unsweetened

almond milk

## INSTRUCTIONS

Add ingredients to

a blender. Blend

until smooth, and

top with

blueberries. Enjoy!

# BENEFITS FOR GUT HEALTH



Beets are high in nitrate and stimulate nitric oxide production, improving gut health, and reducing inflammation.



Blueberries contain polyphenols that promote healthy gut bacteria. Greek yogurt contains probiotics that aid digestion!



# DAY 07

# TROPICAL GREEN SMOOTHIE



## Ingredients

Pineapple

Mango

Spinach

Pineapple juice

Coconut milk

## Instructions

Add all ingredients into blender. Blend until it's smooth, and enjoy right away!

# BENEFITS FOR GUT HEALTH

Pineapple and mango have anti-inflammatory and digestive enzyme properties that support gut health and reduce bloating. Spinach is high in fibre, while pineapple juice and coconut milk promote hydration, which is essential for optimal gut health!



# **FINAL THOUGHTS: GUT HEALTH, DIGESTION, AND WEIGHT LOSS**

To obtain optimal digestive health, limit your sugar and processed food intake. Try adding more fibre and healthy fats to your diet, and stay hydrated!

The 7 Day Smoothie Plan is a great way to start promoting gut health, digestion and shedding some unwanted weight!